

SHOE AND LAST

ABSTRACT OF THE DISCLOSURE

A footwear exercising device for use by a wearer in improving various aspects of the wearer's physical condition, health and overall appearance. The footwear exercising device of the present invention includes a reverse wedge for wear below the sole of a wearer's foot, and may be worn with a wide variety of fashion. Prolonged use of the device of the present invention has been shown to improve the tone of the muscle groups of a wearer's body which have to do with the wearer's posture. Prolonged use of the instant invention has also been shown to improve the blood circulation in a wearer's legs and to strengthen significantly the muscles supporting a wearer's knees. The design of the device is such that prolonged wear of the invention is neither strenuous nor taxing.